

**Amendments to the Specification:**

Please replace Example 5 with the following:

EXAMPLE 5

$\alpha$ -Linolenic Acid Drinkable Emulsion

Kiwi seed oil, 25 g;

Sardine oil, 12 g;

Tuna oil, 20 g;

Polyethyleneglycol stearate, 2 g;

Polyethyleneglycol, 12 g;

Tert-butylhydroxyanisole ~~Terbutylhydroxyanisole~~, 1 g;

Aroma q.s.;

Ethanol, 20 g;

Water q.s. for 100 g.